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Title: Pharmacopoeia Sosaria

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\* SUBSTANCE

Therapeutic area(s)

Route of administration -  
preparation - use

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\* ALE

See wine

\* APPLE/APPLE TREE

Gastrointestinal

Oral - fruit (either dried  
or fresh) as infusion -  
can soothe stomach  
problems.

Apple infusion can also be  
used as the basis for

other infusions, may make  
them more palatable

\* BANANA

Nutrition and blood,

Central nervous system

Oral - peeled fruit -

quick easily digested

nourishment during/after

illness

Oral - peeled fruit -

kidney problems

Inhaled - peel dried, then

the pith powdered and

smoked - mildly

hallucinogenic

\* BLADE PLANT

Skin

Topical - sap mixed as

salve - soothing to dry,

itchy or inflamed skin,

eczema

\* BRAMBLE

Gastrointestinal, Skin

Oral - infusion of roots

and leaves - stops

diarrhoea, but has a very

astringent effect; should

not be used in high doses

or too long as can cause

intestinal ulceration

Topical - crushed fresh

leaves - dries up weeping

burns and scalds, helps

healing

\* BREAD

Infections

Oral - infusion of mould

which grows on it -

antibiotic (NB this tastes

very bad)

\* BREATHWORT

Respiratory

Inhaled - crushed and

sprinkled onto steaming

water - will ease most

breathing problems and

promote healing of any

lung injury.

Oral - in extreme cases

an infusion can be made

and swallowed while still

warm, but this is only

recommended as a last

resort.

NB: closely resembles

bloodmoss, may be

confused with it at first

glance. Grows only in one

place north of the

mountains near Luna.

\* BURNT WOOD

Gastrointestinal

Oral - powdered and

drunk in water as

suspension - poisoning

including food poisoning

\* CABBAGE

Cardiovascular,

Gastrointestinal

Oral - infusion of leaves

- clots the blood if

there is bleeding from an

open wound, or internal bleeding (such as from a stomach ulcer), can also be used to combat an overdose of vampire bat saliva, but not very effective for this  
Oral - juice - small

doses have a purgative effect on the stomach and intestines, in high doses rapidly causes both vomiting and diarrhoea, which may be good to clear poison from the body

#### \* CANTELOUPE

Infections

Oral - infusion of mould which grows on it - antibiotic (NB this tastes very bad)

#### \* CARROT

Gynaecological, Eye

Oral - seeds chewed  
whole - causes abortion if used within 2 days of conception, contraceptive if taken regularly  
Oral - roots eaten whole either raw (better) or cooked - improves

eyesight particularly night vision

#### \* CEDAR

Infections

Inhaled - oil from needles in very hot (not boiling) water - inhaled steam can relieve congestion and

chesty coughs in colds, bronchitis and flu

#### \* CENTURY PLANT

Skin

Topical - sap mixed as salve - soothing to dry, itchy, or inflamed skin, eczema

#### \* CHEESE

See milk

#### \* CIDER

See wine

\* COCONUT/COCONUT

PALM

Skin

Topical - oil either neat

or in a salve - soothing

for sore or burnt skin

\* DATES/DATE PALM

Gastrointestinal

Oral - fruit either

cooked or uncooked -

relieves constipation

\* ELEPHANTS EAR

Gastrointestinal

Oral - infusion of leaves

and stems - relieves

constipation; caution

required as can go too

far and cause severe

diarrhoea

(NB leaves and stems are

poisonous, though unlikely

to be fatal except to

the very young or old)

\* FERN

Skin

Topical - spores only -

can be used to help stop

bleeding of superficial

wounds

\* FLAX

Gastrointestinal

Oral - seeds and oil made

into a cake - effective

bulk laxative

\* FOXGLOVE

Cardiovascular

Oral - leaves as infusion

(weaker) or roots as

tincture (stronger) -

treats heart beating too

slowly or irregularly, also

fluid retention (dropsy)

(NB use with extreme

caution - highly poisonous,

gap between therapeutic

and toxic doses very

small)

\* GARLIC

Infections, Cardiovascular

Topical - cloves crushed

and made into salve -

treats and prevents

bacterial and fungal  
infections, assists clean  
healing of wounds  
Oral - cloves whole or  
crushed - treats bacterial  
and fungal infections of  
the throat  
Oral - cloves whole or

crushed - thins blood  
which clots too much  
(prevents heart attacks,  
blockage of arteries,  
pulmonary embolism, some  
strokes), reduces blood  
pressure, relieves stress  
headaches

#### \* GINSENG

General

Oral - whole plant as  
infusion - lots of claimed  
specific benefits, none  
well proven, but does  
seem helpful as  
generalised tonic, reducing

stress and improving the  
immune system

#### \* GRAPES

Nutrition and blood,  
Gastrointestinal  
Oral - fresh fruit  
excellent for nourishment  
during illness, but skins

and seeds are not easily  
digested so best used  
peeled and deseeded  
Oral - dried fruit  
including skin and seeds -  
relieves constipation  
See wine

#### \* GREEN TEA

Central nervous system

Infections

Oral - infusion can be  
used as a stimulant, to  
stay awake and increase  
alertness (but see caution  
below)  
Oral - infusion contains

antioxidants which can  
help avoid infection

(NB some caution needed, high doses can cause vivid dreams, not normally nightmares but can be disturbing because of the intensity. Will lessen on

continued use. Can also induce a state of abnormal tension and high stress causing insomnia; again tolerance will build up. Once tolerance has built up there may be withdrawal symptoms such

as headache and tremor, relatively mild, not normally a cause for concern.)

\* HONEY

Infections, Skin, Respiratory  
Topical - antibacterial,

antifungal

Topical - encourages wound healing

Oral - soothing for sore throat/cough (also see onion)

Can be used in any infusion (may make other

medicines taste more palatable)

\* HOPS

Central nervous system

Oral - infusion of leaves and seed pods - reduces stress and anxiety, helps relaxation and sleep

Dried and used as pot pourri etc can also encourage sleep

\* JUNIPER

Infections, Musculoskeletal

Inhaled - oil from leaves and berries in very hot (not boiling) water -

breathing steam can relieve congestion and chesty coughs in colds and flu

Topical - oil from leaves and berries - massaged

onto arthritic and  
rheumatic joints can

reduce inflammation and  
pain

\* LEMONS

Nutrition and blood,  
Infections

Oral - juice and flesh of  
fruit - prevents scurvy,  
boosts immune system,

reduces infections

Topical - oil from rind  
acts as an insect  
repellent

See onion

\* LIMES

Nutrition and blood

Oral - juice and flesh of

fruit - prevents scurvy,  
boosts immune system and  
reduces infections

\* LIQUOR

Infections

Topical - antibacterial,  
antifungal, can be used on  
open wounds to clean

them (but hurts)

Oral - used to make  
tinctures

See wine

(NB medicinal only in low  
doses, higher doses lead  
to intoxication which will  
negate all the health

benefits and indeed  
frequently aggravate the  
condition being treated.  
Constant overdosing will  
lead to permanent liver  
damage and death. In  
extreme overdose can be  
fatal. Potentially very

addictive.)

\* MANDRAKE

Central nervous system

Oral - infusion of leaves  
(weaker) and roots  
(stronger) - causes sleep,  
reduces pain

Leaves (weaker) and roots

(stronger) hallucinogenic if

dried and smoked  
(NB poisonous in overdose)

\* MILK

Musculoskeletal, Infections,  
Gastrointestinal

Oral - as milk, yoghurt  
or cheese - strengthens

bones, prevents rickets in  
children

Oral - as milk, yoghurt  
or cheese - osteoporosis  
in adults (preventative  
but not curative)

Topical - as yoghurt -  
can be used for external

yeast infections (thrush)

Oral - as yoghurt - can  
be used sometimes to  
settle digestion, may be  
beneficial after poisoning

\* MORNING GLORY

Central nervous system,  
Gynaecological Oral -

seeds chewed

whole or alternatively  
infused are hallucinogenic

Oral - any part of the  
plant taken whole may  
cause a spontaneous  
abortion in early  
pregnancy, or stimulate

labour in late pregnancy,  
but this is not  
guaranteed

\* NIGHTSHADE

Gastrointestinal,  
Cardiovascular, Eye,  
Central nervous system  
Oral - infusion of leaves

(acts faster) or tablets  
made from crushed dried  
leaves - treatment and  
prevention for all causes  
of vomiting, particularly  
helpful for sea sickness,  
also nausea associated  
with dizziness

Oral - infusion of leaves  
or tablets made from  
crushed dried leaves -  
dries up and prevents  
excessive salivation



Topical - for the two indications above it is also possible to make a

salve from the roots and administer it via the skin, but results are slow and variable, should not be used for acute vomiting, may cause hallucinations

Oral - infusion of leaves (weaker) and/or roots

(stronger) - treatment of diarrhoea and stomach or intestinal cramping

Oral - infusion of roots

- too fast or irregular heartbeats, low blood pressure

Oral - infusion of roots

- induces some sedation

Intraocular - infusion of leaves - sight problems (causes widening of the pupils)

(NB use with extreme caution - highly poisonous, gap between therapeutic

and toxic doses very small)

\* ONION

Cardiovascular, Infections

Oral - bulb eaten raw

(minimal benefit if cooked)

- some blood thinning action, garlic is better

- induces some sedation

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\* ONION

Cardiovascular, Infections  
Oral - bulb eaten raw  
(minimal benefit if cooked)  
- some blood thinning  
action, garlic is better

are bedridden for a long  
time)

(NB dose must be  
carefully controlled as it  
can lead to internal  
bleeding, should never be  
used with an open wound  
as it prevents clotting,

do not combine with  
willow bark)

\* WATER LILIES

General, Musculoskeletal,  
Central nervous system  
Oral - infusion or  
tincture of leaves - like  
ginseng, rumoured to have

all sorts of beneficial  
effects, none proven  
Topical - roots crushed  
and used as poultice -  
reduces inflammation in  
muscles and joints  
Inhaled - leaves when  
dried and smoked can be

hallucinogenic

\* WILLOW

Anaesthetic,  
Cardiovascular,  
Musculoskeletal  
Oral - pith of fresh bark  
can be chewed or strong  
infusion of dried bark -

reduces pain and fevers  
Oral - strong infusion of  
dried bark - thins blood  
and prevents clotting, not  
as efficient as vampire  
bat saliva but safer  
Oral - strong infusion of  
dried bark - very good

for reducing inflammation  
in any part of the body  
but especially muscles and  
joints

(NB never give regularly  
to anyone with a history  
of stomach problems, also  
note that it tastes very

bad)

\* WINE

Central nervous system,  
Cardiovascular

Oral - reduces stress,  
encourages sleep, general  
calming and relaxing  
effect on whole body

Oral - induces vasodilation  
which causes flushing but  
can relieve angina (chest  
pain from heart) and  
some headaches

(See warning under liquor)

\* WHEAT

Nutrition and blood

Oral - wheatgerm made  
into a porridge is  
excellent for nourishment  
during illness

\* YEW

Infections

Topical - strong infusion  
of fresh bark made into

a salve - good for  
getting rid of fungal  
infections

(NB extremely poisonous.

Never use on an open  
wound, never eat any  
part of the tree.)